sake. It is very difficult, and is interesting only as a means to an end, as an aid to composition. It is a composition of the work of the writing songs, is your aim to find

A few hours inter found me at the hear-tiful home of Mrs. H. A. Beach of Common

wealth averac.
"I am sure that composers, as a rule.

"Atsolutely, every note of it. One must bave a stilled memory for the values of the different instruments. You know, Wag-ner wrote the whole of 'Lohengran' without

o persuade the government to allow Wagper to go to Weimar for a single night that

A VERY CURIOUS FAD. Grandma Would Never Have Sat with Her

Legs Crossed!

There was a time when a woman who had the temerity to cross her knees in public

was considered as quite too bold to be within the pale of good society. Fashion's

kinks have taken another twist now; and the

crossing her feet obviously. That is, she

own room, and when she seats herself in her

favorite wide, low chair in her reception

room, but she crosses them in the street

cars and the cabs, in the railway station

Possibly there is nothing actually crimsal in the habit, though our grandmothers

thought so, nor is it improper, as our moth-

ers thought and would like to think yet if they were not be wildered by the awful

overturning given to their previously con-

but it is certainly inelegant outside of one's own home. In one's own boudoir, where the fron-

from of lace ruffles and silk plaitings, the

amplitude of skirts and abundant drape-

ries cover all crude outlines, the crossing of

he feet is not exactly ungraceful. Then, too, it gives opportunity for the display of a well-shod foot, a daintily-turned ankle,

half displayed and half conceated by the clouds of trimming that women pile on the bottom of their skirts, and quite suits

the abandon of the exquisite tea gowns and

A Royal Apartment House,

Hampton Court Polace is divided into fifty-two suites of apartments, the ac-commodation of which varies much in size,

ome having as many as forty rooms. These

apartments are solely at the queen's dis-

posal, and are granted often to the widows of officers or those who have served the

the hour.

and in church! She does, indeed!

voman who is in good society shows it by



Fat and Disfigured.



# PILLOWS MAKE BEAUTY

Troubetskoy Sleeps on Pine Needles-Princess of Wales Resis Head on Hand.

There is a man going the rounds of the Lashionable houses who advertises himself card as "face manipulator of her grace

the Lady William heresford." It is doubtful is this gentleman has ever had the privilege of superintending the opermiles of restoring her industries face to beauty, after it had been roughened by the winds and fatigue, for Ludy Beresford has her toilet, who looks after the maids and massenses of the household. But as the man has good ideas and has advised other beauties concerning their looks, he is worth

"The principal cause of wrinkles," says this man, who, though badly wrinkled himself, knows nil about the creases of the face, "is in a faulty way of sleeping. If vomen would sleep right they would never acre wankled foreleads."

Many polyssers claim that the way to avoid wrinkles is upon a hard pillow. The soft pillow is only a matter of habit. It is a facury because we are used to it. But threw make the down or feather pollow and sale thate the barreloth, the pine needle. or the bran or seed pillow, and in a week's time you would not return to the old soft, smothers thing. At least, that is what the specialists who have studied such matkers say. In support of this they urge the fact that the women of the Oriens and of very cold countries go without soft pil-lows and do not know what it is to be wrinked until so old as to be decrept

windled with so but any face. Take soft pulous win wrinkle any face. Take the thresh of a highy and see how fulled creases it is often any in a pulow of down. m or on a rell of cloth, and it will sleep well run to namper of statemering, and the without wrankles in its soil little

gut there was after wars of treating weinides, or precenting them, that are known to those who treat, if not Lady Recederal just as beautiful women as six. The Countess Castellane, though a young trongen, has never been called a pretty one. She is pleasing, near, stylish, and delightful to meet, we a thorough gentlewoman. But this only by the alcest art that she wall retain bir youth, and no one knows it better than

tends for countess at her extra fine thoulets tells of the wooderful amount of massage un-Her skin is gone over with a brush antitit is perfectly clean. It is then cold-circamed, aponged with hot water and sweated, pedasted and anasanged until it is as free of clouds as a haby's fair. No make-up is becausery after this, but a half-hour map

Secretal of the preffical young women of the scanon have discarded the pillow formy Lent partly and penance and partly to ity the complexion care. Their pillow substitute has log of dired clover tops gath-ered has summer for the present occasion. The clover tops are soft and the effect in appearance is this a feather pillow, but the head does not sink so deep.

head does not sink so deep.

The approved way of sleeping is to rest the head upon the pillow, and support it serily with the head and arm. When lying open the back, the hand holds the three from the pillow. Lying on either side, the tand still keeps the check from touching the seft surface. This is not a difficult pose to maintain in sleeping statudes. Many persons, both men and women, sleep with the check pillowed upon the land. The little trick is being tried by money of the Leuten dewaters. women, sleep with the cheek pillowed women, sleeping is a remedy for all heartraches upon the land. The little trick is being tried by many of the Lenten devoters. And sleep is, besides, a beautifier, because it allows the face to rest from its contoclose for unusual compliments when the forty days are past. The Princess of Wales lever pillowed upon one soft hand.

Elien Terry's Wrinkle-Princess | Rosa Bonheur, Fresh at 70. Pillowed Her Head Upon a Lion's Back.

> the young women are schooled in the care of their complexions, as well as in the matter of brains. One of the first rules of the school is that no young woman shall bring with her from bothe a down palow. This is necessary, it discipling is to be maintained in the luxury-loving institution. Deprived of down, the young belies are given feather pallows, staffed into the hardness of waterpolloves, staffed into the hardness of water-medons. They accept the pillows without, grasping the significance, and soon get used to siceping upon them. This is a complexion preservative. Their second complexion rule is against eating camiy between meals. They can stuff themselves with sweets once a day, at the dessert at dimer, but at no other time. This works is with the complexion.

There is a beautiful French woman, Mine. Farre, whose forebead developed at the beginning of the present season an obbeginning of the present season an ob-simate little windle between the eyes. Every night it would be immenged aw y and every moreing it would return by the time Mine. Farre had particles of her lancheon. In vain she consulted special-ists, and in vain she advised with her mind, one evening, at a reception, Madame was radicine with a noted coulds. "Madame talking with a noted could. "Madame is very beautiful," said the oculist, "but what would you do if I were to tell you something that would make you many times more lovely?" "I should adore you forever," said the

autiful Mme. Farre. "Then, madame," replied the oculist, wear speciales when you read. I venice to say that by the time you have your morning newspaper that

A little trouble with the eyes is the ause of Ellen Terry's furrow, which is considered becoming to Ler.

the wrinkle on your brow is a deep fur

As a rule, though, the way of sleeping enn be weighed. Amelic Rives Chanler now the Princess Troubetskoi, regards the way of sleeping all important. Her method of sleeping her beauty sleep is to begin an hour before she goes to bed with a bath in cool cologne water, deep ening to chilled water more highly per furned than the first. The alcohol cleanses the skin, and the cold water prevents the other from taking cold in the skin next

day. When sleeping the head rests upon a pil When sleeping the head rests upon a pil-low of flowing hair, not twisted upon curi-ers or touched by bairgins. The pillow is a pipe-needle one, with down underneath to make softness. The room in which the beautiful authoress sleeps is a cold one, made but an hour before time to rise. An-other cold bath in perfumed water, and the beauty sleep is over, and with most bene-ficial results, for none is no re-beautiful than the newly-married princess.

Rosa Bonheur, whose face at seventy is

Rosa Bonheer, whose face at seventy is like a peach leaf and smooth as a child's, has always declared, when she could be pre-valled upon to speak of herself, that her freshness was attributable to the fact that she has for years made a practice of sleeping with her animals. Her object primarily is doing so was to watch them awaking from sleep for the poses of her wenderful animal pictures. A lion stretching and yawning like a hig tabby cat is a sight worth sleeping anywhere to see.

The benefit to the complexion came in from the fact that animals never sleep in a draught or in a close spot. In following her ions around until they close a spot for the night. Miss Honbeur, with her blanket was sure to sink down in some picely se preserved spot, well agreed and tempered ight. Half the time she forgot to take her sillow with her. The great Hon, Noro, we lied with his head in her arms, was for years her pillow.

At one of New York's finishing schools at sixty as at thirty. HELEN WARD.



Mrs. Beach and Miss Lang.

## WOMEN COMPOSERS

Interviews with Miss Lang and Mrs. Beach of Boston-Their Methods of Work.

Bostom, March 14.- "Miss Long, I want Do they, generally speaking, work much at the plano, depending upon improising, for instance, to stamble upon some

grand motiff?" Tauppose the methods of composers vary s much as other artists. I can only speak ith certainty of my own. Little songs nd smaller compositions generally take definite and permanent shape in my m before I touch my pencil. In greater works l often find it necessary to deviate somewhat rom my original idea, when I come to the

"I think very few composers work at the lano, and often the idea is as spontaneous a a smile or a sigh. I remember once when McDowell was staying with us, he suddenly arned that it was the anniversary of my learned that it was the aninversary of my mother's wedding. He immediately furned to one and said: 'Let us play them a triumphal march at disser,' and, scatting himself at the desk, he wrote out in about ten minutes a march that had all the fire, color, balance and poise of a work of art. We played t at dinner, to the great delight of the fam-

"Do compositions suggest themselves as simple melodies for you to fill in the harmo-nies, according to your knowledge of counterpoint and the rates of harmony, and do they make their appearance a phrase at a

Emphatically no. A melody, a simple time, never comes without its accompany-ing harmonies, and always in more complete form than by single phrases. You know I was really very old, compared with many, when I began to compose. I must have been eleven or tweive. I had never given much attention to music, except to playing the violin. I began to fiddle with some other girls, and the idea came to me to compose concerted music for our special use. I had never studied harmony at all, so I turned my composition over to my father. who walked over the incorrect scoring with his like pencil and it was decided that if I were going to compose I must immediately begin the study of harmony, counterpoint, and, finally, of orchestration. It seems to me that only a very mathematical mind can enjoy studying harmony for its own

rending an orchestral score as you would get from reading 'Hambet.'

"As to sex in art, I counct recognize any such discrimination," said. Mrs. Beach. "Art is art. As regards man's and wanan's brains, there is no question of supercurty or infectority; there is simply a difference of timbre. Women have not composed because they have backed opportunity. They always will always should. Namerically the compositions of women can be creequal those of since, for the man who composes can devote his life to it. I do not know a single man composer who is in any other business or profession than music. Woman dren and fulfill the duties of a home, be she ever so gifted; so that unless very pecu-liarly situated, she is likely to always lack are to accomplish in art the amoun of work that men can do.
MARION DEPEW.

## END OF THE CENTURY IDYLL.

Polly Pry Writes a Wee Romance of New Woman's Ways. He sat before the mirror in his room servously brushing his raven black buit into

various shapes, while expectation gleamed in his dark blue eye, which ever and anon sought the clock nervously. "Seven forty-rive." he said with a pout.

Well, she is certainly taking her time. I wonder if she thinks the play begins at midnight. I declare, if I dared, I'd go alone," A ring at the front door and he sprang up in a flutter.

"There she is!" he cried, and with a glad little cry he darted down the stairs and was in the arms of a tall, handsome young girl who were an Inversess cape and a derby hat. "You've been smoking again. Clara," he said, with a little shiver, "and after you promised papa, toot"

"Oh. bother papa! Harry up and getyour coat on." But papa was not to be bothered. He came out of the back parlor and advanced

toward them with an angry air.
"Theater again. Miss Jones" he queried. Don't you think this is going a little too rapidly? It's the third performance in a

week that you've taken Willie to. "Oh I like it, papa; indeed, I do." "I dare say you do, but you know little of the world. Is this a ballet play you're taking

my son to?" Miss Jones laughed. "Oh, dear, not" she replied. "They are too

low. We're going to see the new living pictures-"I saw those, I saw those!" broke in the old man, "and no innocent boy of mine shall ever go. Venus, and Hebe, and all the rest

"No! not They're behind the age. These are Samson, Apollo, Mars and Jupiter, by the handsomest lending men in the country. "Ob. that's different! Wrap up well, Willie, and be home by 11. Don't invite him in to eat or drink anything, please, Miss Jones; we had an awful time with him the

"All right! Come along, Willie! Take

And they were gone.

The "Compass" Plant.

The "compass plant" is one of the oddest creations of the vegetable kingdom. It derives its name from the fact that its leaves always point directly north and south. So, if you are out on a Western prairie and lose your way, just look for one of the plants and remember that they always point in the directions indi-

a remarkably thin leaf, so thin as to be noticeable even to the untutored eye. The of that section .- New York Journal.

Physical Beauty to Be Gained in Regimen, Exercise and Ambition to Methods by Which a Swedish Athlete Be Lovely the Requisites to the

RESCUE WORK FOR LOST FIGURES

"In writing songs, is your aim to find words for some necessary you have in mind, or do you compose the inner to voice some favorite poem?"

"Always the "latter. Nevin told me some years ago." I do not know whether his methods may have changed, that it was his custom-to commit a poem to memory and carry it about in his mind for days and weeks. That it went with him everywhere, also the streets and into the snops, until it was literally in his blood, then the muste came."

A few hours later found me at the beau-"the Gym." Every woman is just as young as she looks, and any woman can continue to look young as long as she keeps her figure. This is not only sound sense, but a gespel that already boosts a tremendous follow ing, and has given rise to a system by which

lost figures can be permanently restored The lost figure is one that once was "I am sure that composers, as a rule, werk quite independently of the piano," said Mrs. Beach. "Of course, in writing music strictly for the piano, one may try the effect of what one am produced as ne goes along. But in composing for orchestra, I never touch the instrument, as the result would be only miskeding, giving one, indeed, quite a false idea or values."

"I suppose, Mrs. Beach, before committing your composition to paper, you hear it as clearly and definitely with the mand's ear as the arrist sees his picture before pointing it." round of waist, supple and flat of should-er, merow of back, wide of chest and shapely of hip. The figure of your youth, that by high living and lazy ways you have allowed to grow thick and broad with bent shoulders, a long curved spine, the bust thrust out, the head poked forward nd the measurements increased at a rate of ten inches all around. A genuine fig ure of fun, that at thirty, is outlived already in the women you meet, and at forty epends entirely upon consets for support s the terror of the most ingenious dress makers, the despair of the photographers and the cross on one's own life. It's the

ever hearing a gote of it with his outer ear. It was during his exile to a little Swiss village, and you can imagine the heart hunge of that great soul apon receiv-ing Liszt's embusing to letters of its pro-duction in Weimar. Every effort was made before her time, avoid long mitrors and drive her time, avoid long mitrors and drive her friends to wondering how a crea-ture so tall and sveit at eighteen, at thirty-six is half a foot shorter.

A foreigner would attribute this to the general instability of all things Ameri-can, but the woman berself is quite with ner to go to weimin for a single night that be night hear his work just once and then retarn to exile—but all to vain. I get al-most as much pleasure from reading the orchestral score of a great work as from hearing it played. You doubtless would prefer sceing thouth's "Hamlet' to rending the play, but would wastly prefer reading the on the range of redemption. She fixed only follow the system, for fire frontie is the result of ill distributed fixed, imprudent eating and an entire regized of her own muscular forces. At least that is what she is told at the various we have the building in play to seeing it badly put on the stage. It is exactly so with me in music. I would get the same comparative pleasure from

sort of lumpish, dumpy, knobby absurd figure that makes a pretty woman look old

is what she is told at the various women's gymnassums, where the balleting upof figure is now a distinct and important
branch of the athletic business.

"Most of our patrons," said a tail,
braway, blue-eyed Swedish woman, who
was in charge of the rescue work, better known as the figure department of
a popular gymnasium, "range in age tetween thirty and fifty. I never refuse an
applicant, for it's really never too late
to mend a broken figure. Numbers of
diguified grandmammas, with recollections of their girlhoof's waist lines, come
regularly for their training and instruction. regularly for their training and instruction three times a week, and it's an impressive sight to see a class of twenty-five sobersided matrons, the least of whom tips the beam at 175, lines up in knokers. Hat alippers and sweaters, to learn a new movements of the straining of the shoulders I next lay my class of patients down in a row, tack their

"The system consists of a series of fif-ten movements, by which we guarantee to reduce entarged abdomens, restore long lost waist lines, brace up the shoulders strengthen and reduce the bust, and pare down the biggest lips. This is done by taking off the over-weight of fiesh in one place, and putting it on thin arms and legs where symmetry demands it, and by picking up long muscles and knitting them tack into place until, without the corset.

Goal of Loveliness.

the figure shows self-matatining and firm. No woman under a course of treatment for her figure is allowed to eat potatoes, white and not bread, any rich r sweet than pudding and never a postry. freely expetables, fruit, all the mosts friend, butter, sugar in her ten and coffee, and gluten broad are advocated, and the utates in reduction is first had against the over-developed abdomen and shelflike hips, that worry a woman more than

them at least forty minutes before eating.

From the bloycle trip she must go straight to the elastic exerciser, a nest little affair 4hat hangs on the wall, and begin pulling it for dear life. She sets another series of important hip and abdominal muscles to going by pulling the exerciser shandles so fow that with straight knees her knackles touch the floor, and then rising to her full height and carrying the handles high above her head. After doing fifteen minutes' duty by the lower half of the hold, she next begins to reduce her bust measure by standing her back to the exerciser and etting the handles pullier arms straight out and back as far as they

No Deachorain

Restores a Waist Line to Women Disfigured with Round Shoulders and Loose Contours.

till the fingers touch the toes and turning immediately back, until the field drops on a level with the waist line.

"But sometimes," continued the Swed-ish giantess with a reminiscent twinsies in her eye, "It takes legic and patients to personate a stori, signified hidy to norm a sometimal and in the preliminary trials a difficult object has to be belped over. the over-developed and office the owers a woman more than all the other shortcomings of her figure put fogether. The patient is minde to lie flat on her back on the hard unsymptometric floor, held lightly to some fixed object, in her own room a lied ag is the thing, and then lift her lower limbs from the floor straight up to the perpendicular. When she can do this twenty times land running she will begin to feel the muscles of her atomach and abdomen, and though exercises after this fasonem leave one blown and exhausted, it ought at once to be followed by a daily five mile stint on an indoor bleyele. It's the pedal work that begins to pull flesh off-thebips, and as anyone cansee, provided a woman has sufficient space in her toom for an elastic exercise and a home bleyels, she can by learning the fifteen movements carry on her course of reduction at home. for an elastic exercise and a forme bloych.

she can by learning the fifteen movements staccate blows. This is the effective substitute for musage and should be tollowed by rising on tipteen in rapid one termoon, work, too, with her windows wide open and keep at the exercises an increase of the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, which is a time of the same tension of the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in rapid one tension, and the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and should be tollowed by rising on tiptees in the substitute for musage and sho and before resuming any garments is not less admirable than the accurrants and less admirable than the security and will get a woman into such round symmetry of shape and excellence of outline that at furly there is no good reason why she around not overfice, true hairs and a row's foot or two and pass for a mutron on the bright side of forty.

Novel Way of Farning a Living.

Quite a novel way of making a living as been adopted by two women in New York, and it might meet with success in Toronto if the right people took hold of it. So many letters come in from women and girls begging a suggestion as to some sethod of earning a little money, why not adopt this pain? I would do it tomorrow myself if I could. Two ladies in New York have established an after dinner coffee and smeking room, where men may lounge and that with their friends. The women are gentlewomen ( which would be a necessity, of course,) and are very highly elacated. Their stock in trade is a wellfarmaned room, exquisite china, real afficer, unparalleled French corfee and capaciimported and domestic. Their picrons are bankers, judges, brwyers, sen apptains, railroad officials—all sorts and conditions, evileatly, except the roughs. Temperanon people ought to help such an institution, and it seems to me that in capable hards it should pay. Fermips Tomato is too small; perhaps the duffdent Canadian manner, which like the English, is slow to take to novelies of any kind, would pre-vail against it. I should like to try it, though. Would you enter for atinner smoke and a pells near to Kit's cafe, messwors et mesdataen? Toronto afe, message.

### The Cheap Reefer.

is looks as if the rever packet will sean have had its stay. It is as common? as the traditional mod, and can be hist at prices that appeal even to the hired girl whose stages are small.

### Candymantown.

A wonderful plate is Candymantown-lie atreets are paved with loy. And on the corner, wherever you turn, Stands a becallful sugar toy.

A percent place is Condynamics of There is hever a street brand there. And, stronge to say, the perperming himb-Lies down with the chammon bear.

The eats that live in Candymandown Are made of sugar and spice.

And they never think of such a thing

As eating the chocolate mice, The dogs that tive in Candymanowis

Are as good as good can be For they, like the sweet-matured onta- are

There are lious and lights in Cand; mark wa, Rabbits and elephants, too; They live together in houses of glass, And are happy the whole year through.

A wonderful place is Candymantown, With its benutiful sagar tops; And it was built to please the hearts Of little girls and boys.

-though Housekeeping.





"I was downtown shopping with Mrs. Dwindle today," said Mrs. Hilber to bee "Get anything!" asked Hilter.

"Oh, I had to get a few hitle things for the kitchen! heally, dear, some of the old atensils were not fit to use." "How much was the bill?"

"Eight doflars. Then I saw the love-est lot of china, just for every day use, and I simply couldn't resist it. Only \$18 "Umph! Anything cise?" some of the leveliest books! I had a

dozen of the latest novels sent. Just think, they were so cheap! Only \$14 for all of them. Would you believe it? "An, indeed! I suppose you brought your-self some clothes?"

"Only a few little things I had to have, dear. A hat, I think for only \$18. I know you will like it. Some shees for \$7, and eight yards of the leveliest dress goods you ever saw. Only \$2 a yard." "Is that all?"

"Oh, there were a few more little things of no initicular consequence. No cessities of course, but of trifling cost. Madam, do you know what you have been doing?"

Why, wh-what do you mean?" "You have been ruining me. Do you callize that I have to toll and slave to make the money necessary to keep the roof over our heads. And now you inthat you have been buying without my consent what you are pleased to term a 'few little things.' Baht' But, my dear-"

'Don't 'my dear' me. Did Mrs. Dwinile, who was with you, spend anything?" 'No. She said she couldn't afford it. "Precisely. What man in moderate remustances can afford it? Have you any idea, madam, of how much the 'tew things' smounted to?"

"I have, Here is the memorandum, Just \$120."

"And do you know, madam, what that sum represents." "I do, my dear. It represents the sum Mrs. Dwindle says you won from her husband at poker just night."-Exchange.

To Tell a Gord Diamond.

It is well known to jewelers that alumic an will mark a glass or "paste" diamond, but not the true gent, provided the surface is Rotanists call this curious plant "Selph-ium Laciniatum." It is unpretentious production of a mechanical tester, which in appearance and bears yellow flowers consists of a small disk of aluminum tha tare not unlike field daisies. It has stone to be tested is wet and held against the edge of the disk by means of a spring compass plant" is really a Western clamp. When metallic marks are found flower, and is indegenous to the prairies on the stone after this treatment it is rejected as false.



A Pitraw Comfortable, Dat Apt to Wankles



Wrinkleleas Pose on Pine-Needle Pillow.

